

# DEALS DEALS DEALS DEALS FOR DAYS EVENT

Optimum<sup>®</sup>  
**3,500** pts  
for every \$10\*  
spent on

**350**  
value

**CAMPBELL'S CHUNKY** 515 mL,  
**READY TO SERVE** 515 mL, **CONDENSED** 284 mL,  
**HABITANT** 796 mL or **EVERYDAY GOURMET** 500 mL **SOUP**  
selected varieties  
21479030\_EA/21480447\_EA



Optimum<sup>®</sup>  
**4,000** pts  
for every \$10\*  
or more spent on

**\$4**  
value

**BREYERS** or **POPSICLE ITEMS**  
all sizes and varieties  
20301305002\_EA/20344925001\_EA/20684180\_EA



**APP EXCLUSIVE OFFER\***  
Optimum<sup>®</sup>  
**1,000** pts  
for every \$5\*  
spent on

**\$1**  
value

**CONDIMENTS**  
includes mayonnaise, ketchup, pickled products,  
olives, mustard, BBQ and hot sauce  
all sizes and varieties  
20069080\_EA/20618579001\_EA/20300473\_EA



# DEALS DEALS DEALS DEALS FOR DAYS EVENT

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, APRIL 25 TO WEDNESDAY, MAY 1, 2024.

GROWN IN THE WESTERN PROVINCES  
British Columbia  
Alberta • Saskatchewan  
Manitoba



SAVE 42%

2<sup>88</sup>

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS  
product of Western Provinces, Canada no. 1 grade  
2082841/1001 EA

CLUB SIZE



SAVE 31%

5<sup>49</sup>  
LB

CHICKEN BREAST  
boneless, skinless, fresh  
12.10/kg  
20008430 EA



SAVE 35%

4<sup>49</sup>

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS  
selected varieties  
250-500 g  
20111438 EA



SAVE UP TO 33%

3<sup>99</sup>

INTERNATIONAL DELIGHT COFFEE WHITENER 946 mL,  
PC® INSTANT COFFEE 80/100 g or  
LAVAZZA ROAST AND GROUND COFFEE 250 g  
selected varieties  
20895480002 EA/21449826 EA



SAVE 30%

2<sup>79</sup>

GREEN GIANT VEGETABLES 400-750 g or  
MCCAIN FRIES 454-800 g  
selected varieties, frozen  
20234328002 EA/21022270 EA



SAVE 34%

4<sup>25</sup>

CRACKER BARREL NATURAL CHEESE SLICES  
selected varieties  
200-240 g  
21290703 EA

COCA-COLA or PEPSI SOFT DRINKS  
selected varieties  
2L  
20276926002 EA/20316004002 EA

SAVE UP TO 53%

1<sup>25</sup>



30=60 ROLLS

6=12 ROLLS

SAVE UP TO 45%

12<sup>99</sup>



ROYALE BATHROOM TISSUE or  
ROYALE TIGER TOWELS  
selected varieties  
21278232 EA/21484704 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](https://www.nofrills.ca)

01 NFW

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**6<sup>99</sup>**

**907 G CLAMSHELL**

**FARMER'S MARKET™ GREEN or RED SEEDLESS GRAPES**  
product of Chile or India,  
no. 1 grade  
3004579001 SA/30034471001 SA



**4<sup>99</sup>**

**1 LB CLAMSHELL**

**STRAWBERRIES**  
product of U.S.A.,  
no. 1 grade  
3004773001 SA



**GROWN IN CANADA**  
**1<sup>99</sup>**  
LB

**TOMATOES ON THE VINE**  
product of Canada  
4.39/kg  
3003677001 KG



**11 LB AVERAGE**

**7<sup>99</sup>**

**WHOLE SEEDLESS WATERMELON**  
product of Mexico or U.S.A.  
3006723001 SA



**If your produce isn't fresh, we'll replace AND refund it.\***



**3<sup>99</sup>**

**6 OZ CLAMSHELL**

**BLACKBERRIES**  
product of Mexico or  
**RASPBERRIES**  
product of U.S.A., no. 1 grade, 170 g  
30031013001 SA/301281903001 SA



**4<sup>99</sup>**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
3014223001 SA



**6<sup>99</sup>**

**5 LB BAG**

**COSMIC CRISP APPLES** product of U.S.A.,  
extra fancy grade or  
**FARMER'S MARKET™ AMBROSIA APPLES**  
product of Western Provinces,  
Canada fancy grade  
3140118001 SA/3003064001 SA



**1<sup>49</sup>**

**ATAULFO or RED MANGOES**  
product of Mexico  
3011210001 SA/30039123001 SA



**3<sup>99</sup>**

**CAULIFLOWER**  
product of Mexico or U.S.A.,  
no. 1 grade  
3011327001 SA



**4<sup>99</sup>**

**3 LB BAG**

**FARMER'S MARKET™ GRAPEFRUIT or NAVEL ORANGES**  
product of U.S.A.  
3011560001 SA/30142945001 SA



**.99**

**CILANTRO**  
product of Colombia,  
Mexico or U.S.A.  
30011823001 SA



**2<sup>99</sup>**

**CELERY**  
product of U.S.A.,  
no. 1 grade  
3014317001 SA



**3<sup>99</sup>**

**2 LB BAG**

**FARMER'S MARKET™ MINI CARROTS**  
product of U.S.A., no. 1 grade  
3003143001 SA



**GROWN IN CANADA**  
**3<sup>99</sup>**

**680 G BAG**

**PC™ LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES**  
product of Canada,  
Canada no. 1 grade  
each  
300481001 SA/300481001 SA



**GROWN IN CANADA**  
**5<sup>99</sup>**

**681 G**

**PC™ AXIANI VARIETY PACK TOMATOES**  
product of Canada  
300447001 SA/300447001 SA



**GROWN IN CANADA**  
**6<sup>99</sup>**

**PKG OF 6**

**FARMER'S MARKET™ SWEET PEPPERS**  
product of Canada  
300399001 SA



**6<sup>99</sup>**

**3 LB BAG**

**PC™ MANDARIN MANDARINS**  
product of Mexico or U.S.A.  
300661001 SA

\*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# DEALS DEALS DEALS FOR DAYS EVENT



**\$10**

**PC® BONE-IN CHICKEN THIGHS, DRUMSTICKS or CHICKEN BREAST FILLETS**  
up to 870 g  
21341035 EA/21341042 EA



**PRICE DROP**

**6<sup>99</sup>**

**PILLER'S PEPPERONI STICKS or TURKEY BITES**  
selected varieties, 300-500 g  
2109936 EA/2109937 EA



**CLUB SIZE**

**8<sup>99</sup>**  
LB

**EYE OF ROUND ROAST or STEAK**  
cut from Canada AA grade beef  
19.82/kg  
20066325 KG

**3<sup>99</sup>**  
LB

**MEDIUM GROUND PORK**  
fresh  
8.80/kg  
20409981 KG



**7<sup>49</sup>**

**MARSALELO BEEF SAUSAGE**  
375 g  
21348446 EA



**6<sup>99</sup>**

**SEAQUEST® COLOSSAL RAW WHITE SHRIMP**  
14-20 per lb 300 g  
**BAY SCALLOPS**  
100-150 per lb 400/454 g  
**SEAQUEST® SHRIMP RING**  
227 g or **GREEN LIPPED HALF SHELL MUSSELS**  
454 g, frozen  
20082399 EA/21043887 EA



**8<sup>99</sup>**

**BASA STEAKS**  
frozen  
1 kg  
20970449 EA



**3<sup>49</sup>**

**MAPLE LEAF TOP DOGS WIENERS** 375 g or **SCHNEIDERS LUNCHMATE LUNCH KITS** or **STACKERS** 90-120 g  
selected varieties  
21093477 EA/21210034 EA



**3<sup>99</sup>**

**MINI BABYBEL** 102-120 g or **THE LAUGHING COW CHEESE** 120-140 g  
selected varieties  
20319107 EA/20574332 EA



**1,000**

**\$1 Value**

**4<sup>49</sup>**

**MASTRO MILD or HOT SALAMI** 150 g or **SAN DANIELE PROSCIUTTO** 100 g  
selected varieties  
20581860 EA/21061099 EA



**1<sup>99</sup>**

**NO NAME BREAD** 320 g or **BUNS** 12+  
selected varieties  
21289512 EA  
21289513 EA



**SAVE 23%**

**2<sup>99</sup>**

**D'ITALIANO BREAD**  
selected varieties  
600/672 g  
20066110 EA



**2<sup>99</sup>**

**COUNTRY HARVEST BREAD** 400/430 g or **BAGELS** 6+  
selected varieties  
20129997 EA/21059482 EA



**APP EXCLUSIVE OFFER**

**1,500**

**\$1.50 Value**

**\$6**

**FARMER'S MARKET MUFFINS**  
selected varieties  
6+  
21242006 EA/21038207 EA



**\$7**

**PC® PLANT BASED BLACK BEAN, CORN AND SWEET POTATO VEGGIE BURGER**  
selected varieties, frozen  
432 g  
21422221 EA



**\$12**

**PC® WAGYU BURGERS**  
frozen  
348 g  
20962322 EA



**\$12**

**NO NAME BEEF BURGERS**  
frozen  
1.28 kg  
20127474 EA



**\$13**

**PC® CHICKEN BURGER** 1.12 kg or **PORK BACK RIBS**  
selected varieties, 500 g  
frozen  
20962323 EA/20962324 EA

# DEALS DEALS DEALS FOR DAYS EVENT

**WOW!**  
**5<sup>99</sup>**

**LACTANTIA BUTTER**  
selected varieties  
454 g  
20627925 EA

**SAVE UP TO 50%**  
**3<sup>49</sup>**

**CHAPMAN'S COLLECTIONS 8's, LOLLY 20's, NOVELTIES or MARKDALE CREAMERY ICE CREAM 2L**  
selected varieties, frozen  
2022373701 EA/20215234001 EA

**SAVE UP TO 30%**  
**3<sup>49</sup>**

**PC® FROZEN VEGETABLES 400-750 g or PREMIUM FROZEN VEGETABLES 350-500 g**  
selected varieties  
20218913 EA/21432028 EA

**3<sup>49</sup>**

**EGGO WAFFLES**  
selected varieties, frozen  
8's  
20302779 EA

**4<sup>49</sup>**

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20212227 EA/21377841 EA

**5<sup>77</sup>**

**PC® CHEESE BARS**  
selected varieties  
300/400 g  
2128949 EA

**1<sup>69</sup>**

**GREEN GIANT VEGETABLES**  
selected varieties  
341/398 mL  
21021179 EA/21021224 EA

**1<sup>79</sup>**

**UNICO PASTA SAUCE**  
selected varieties  
680 mL  
2025637001 EA

**3<sup>99</sup>**

**HEREFORD CORNED BEEF**  
selected varieties  
340 g  
2000662 EA

**1<sup>99</sup>**

**SUNTYPE 100% JUICE BOXES**  
selected varieties  
5x200 mL  
20210967012 EA

**2<sup>49</sup>**

**CHRISTIE CRACKERS**  
selected varieties  
175-386 g  
21030647 EA/21547024 EA

**3<sup>99</sup>**

**RUFFLES POTATO CHIPS**  
selected varieties  
180-210 g  
21241053 EA

**4<sup>29</sup>**

**MINUTE MAID NO SUGAR ADDED DRINKS or OASIS HEALTH BREAK or SMOOTHIE**  
selected varieties, refrigerated  
1.5L/1.6L  
21404119 EA/21529910 EA

**5<sup>99</sup>**

**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
21104361 EA

**13<sup>99</sup>**

**PC® ROAST AND GROUND COFFEE 875/930 g or PODS 30's**  
selected varieties  
21038677 EA/21393374 EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

**APRIL**

**HIT  
OF THE  
MONTH**



**Cavendish  
Farms Fries**

800g, selected varieties, frozen



**Leduc Go Pure**

140-175g, selected varieties



**Feastables Mr Beast  
Chocolate Bars**

60g, selected varieties  
While quantities last.

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.  
Valid from April 1st - 30th, 2024.

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**Optimum**  
Members-Only Price™  
**249**  
Non-members  
**349**

**BLACK DIAMOND SLICES**  
PROCESSED CHEESE PRODUCT  
selected varieties  
410 g  
21232544 EA



**Optimum**  
Members-Only Price™  
**349**  
Non-members  
**449**

**HIGH LINER CATCH OF THE DAY FISH**  
selected varieties, frozen  
350 g  
21202977 EA



**Optimum**  
Members-Only Price™  
**399**  
Non-members  
**449**

**DANONE ACTIVIA YOGURT**  
selected varieties  
8's  
20324741001 EA/20323384002 EA



**Optimum**  
Members-Only Price™  
**999**  
Non-members  
**1199**

**28'S**  
**BLACK DIAMOND CHEESTRINGS**  
20763883 EA



**Optimum**  
Members-Only Price™  
**229**

**QUAKER DIPP'S CHEWY GRANOLA BARS**  
selected varieties  
130-136 g  
20217401 EA/21212040 EA



**Optimum**  
Members-Only Price™  
**299**  
Non-members  
**329**

**DOLE FRUIT BOWLS**  
4-107 mL or FRUIT 'N GEL SNACKS 4x133 g  
selected varieties  
20212400 EA



**Optimum**  
Members-Only Price™  
**549**  
Non-members  
**599**

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
473-776 g  
2121901 EA/2121902 EA



**Optimum**  
Members-Only Price™  
**999**

**MCCAFE ROAST AND GROUND COFFEE PODS**  
340 g or 12's  
selected varieties  
21202977 EA/21202978 EA



**Optimum**  
Members-Only Price™  
**\$2**  
Non-members  
**249**

**CADBURY DAIRY MILK CHEWY GRANOLA BARS**  
210-100 g or MAYNARDS CANDY SMALL BAO 130-134 g  
selected varieties  
20217401 EA/21212040 EA



**Optimum**  
Members-Only Price™  
**249**  
Non-members  
**299**

**CHRISTIE COOKIES**  
selected varieties  
211-202 g  
21202977 EA/21202978 EA



**Optimum**  
Members-Only Price™  
**499**

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
340-492 g or KERNEL JAR 430 g  
selected varieties  
20212400 EA



**Optimum**  
Members-Only Price™  
**1,000**  
Non-members  
**1599**

**BERTOLLI OLIVE OIL**  
1 L  
selected varieties  
20212400 EA



**Optimum**  
Members-Only Price™  
**750**  
Non-members  
**529**

**BICK'S PICKLES**  
selected varieties  
1 L  
21202977 EA



**Optimum**  
Members-Only Price™  
**1,000**  
Non-members  
**499**

**ZIPLOC STORAGE BAGS**  
selected varieties  
10-90's  
20217401 EA/21212040 EA



**Optimum**  
Members-Only Price™  
**1,000**  
Non-members  
**549**

**ST. IVES BODY LOTION**  
400 mL or FACE PRODUCTS 300 mL/170 g  
selected varieties  
21202977 EA



**Optimum**  
Members-Only Price™  
**3,000**  
Non-members  
**899**

**SWIFFER WETJET LIQUID REFILL**  
1.33 L  
DUSTER KIT 1.2m  
WET CLOTH REFILLS 10-12's  
or DRY CLOTH REFILLS 10-12's  
selected varieties  
20212400 EA

**BETTER AS A MEMBER** \* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Get\* **7,500** pts

for every \$25\* spent on Cascade Platinum Plus 12/30/31's, Dawn Powerwash Starter Kits & Refills 473 mL or Dawn Platinum 366 mL/2.21 L selected varieties 21218861\_EA/21507155\_EA

**750** value





**ALWAYS**  
**\$6**

**NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS**  
Frozen  
908 g  
21178744 EA



**ALWAYS**  
**\$4**

**PC® ENTRÉES**  
selected varieties, frozen  
212-365 g  
3012233001 EA/21547280 EA

**ALWAYS**  
**\$4**

**PC® BLACK LABEL ICE CREAM** 500 mL  
or **SCOOP SHOP ICE CREAM** 946 mL  
selected varieties, frozen  
2029983005 EA/20604343003 EA



**ALWAYS**  
**450**

**NO NAME® REAL CHEESE SLICES**  
selected varieties  
210/220 g  
20742315 EA



**ALWAYS**  
**\$10**

**PINK SALMON FILLETS**  
Frozen  
700 g  
21180933 EA



**ALWAYS**  
**\$5**

**PC® 3X BABY WIPES**  
scented or unscented  
300's  
21340716 EA



**ALWAYS**  
**\$10**

**SURAJ® BASMATI RICE**  
2.63 kg  
20838931 EA



# PRICE DROP

Lowered price for a longer time.



**MICHELINA'S DINNER ENTRÉES**  
selected varieties, frozen  
156-284 g  
3120614 EA

PRICE DROP

**149**



PRICE DROP

**299**

**TIM HORTONS SOUP CHILI**  
540 mL or 425 g  
selected varieties  
2132119 EA



PRICE DROP

**299**

**LIBERTÉ MÉDITERRANÉE 4% GREEK 2% YOGURT**  
500 g or 500 g  
selected varieties  
3134734 EA



PRICE DROP

**699**

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.36 kg  
2004492 EA



PRICE DROP

**449**

**SUMMI SPRING ROLLS**  
selected varieties  
240-350 g  
3111437 EA



PRICE DROP

**599**

**2.27 KG**

**ITALPASTA**  
selected varieties  
20182410001 EA



PRICE DROP

**\$7**

**PC CHEESE BLOCKS**  
selected varieties  
250 g  
20770632 EA



PRICE DROP

**249**

**PC BLUE MENU PASTA**  
selected varieties  
375 g  
20224022 EA



PRICE DROP

**299**

**DIANA 300 mL or BULL'S-EYE BBQ 425 mL SAUCE**  
selected varieties  
20070000 EA, 31114377 EA



PRICE DROP

**499**

**HEINZ KETCHUP 750 mL/1 L or KRAFT MIRACLE WHIP 450/500 mL**  
selected varieties  
20070000 EA, 200661001 EA



PRICE DROP

**499**

**GOLD SEAL SOCKEYE SALMON**  
213 g  
21204 EA



PRICE DROP

**249**

**BODY ARMOR SPORTS DRINK**  
selected varieties  
473 mL  
210000 EA, 20120791 EA



PRICE DROP

**249**

**SILK NON-DAIRY BEVERAGES**  
selected varieties  
148 mL  
210000 EA, 20120791 EA



PRICE DROP

**349**

**FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS**  
selected varieties  
725/275 g  
210000 EA, 20120791 EA



PRICE DROP

**549**

**JACK LINK'S JERKY**  
selected varieties  
45.35 g  
20070000 EA, 20120791 EA



PRICE DROP

**829**

**NO NAME CANOLA OIL**  
3 L  
210000 EA



PRICE DROP

**1599**

**BEYOND MEAT PLANT-BASED BURGERS**  
burger  
472 g  
210000 EA



PRICE DROP

**599**

**FRISKIES DRY CAT FOOD**  
selected varieties  
1.4-1.3 kg  
20120791 EA



PRICE DROP

**1699**

**TIDE PODS LAUNDRY DETERGENT, DOWHY + GAIN FABRIC SOFTENER 4.16 L, SCENT BOOSTERS 480 g**  
selected varieties  
210000 EA, 20120791 EA

# NATURAL FOODS AT LOW PRICES



**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**3<sup>99</sup>**

**454 G**

**PC<sup>®</sup> ORGANICS WHOLE CREMINI or WHITE MUSHROOMS**  
product of Western Provinces  
2119528001 EA/2121948001 EA



**5<sup>99</sup>**

**312 G**

**PC<sup>®</sup> ORGANICS FIELD GREENS or BABY SPINACH**  
product of U.S.A.  
20127207 EA/20223751 EA

**7<sup>99</sup>**

**IMPOSSIBLE PLANT BASED BURGER PATTIES**  
227 g  
21403372 EA



**7<sup>99</sup>**

**BEYOND MEAT ITALIAN SAUSAGE**  
selected varieties  
400 g  
21300112 EA



**SILK NON-DAIRY REFRIGERATED BEVERAGE**  
selected varieties  
1.74-1.89 L  
2013090001 EA/21194119 EA

**3<sup>79</sup>**



**SILVER HILLS BREAD or BAGELS**  
430-680 g or 6's  
selected varieties  
21047070 EA/21100349 EA

**\$5**



**3<sup>99</sup>**

**BLUE DIAMOND ALMOND NUT-THINS CRACKERS**  
selected varieties  
120 g  
20105843001 EA/20105841004 EA



**ORGANIC 5<sup>99</sup>**

**PC<sup>®</sup> ORGANICS SMOOTHIE BLENDS**  
selected varieties, frozen  
450 g  
21141577 EA/211416739 EA



**GOGO GLUTEN-FREE QUINOA PASTA**  
selected varieties  
227 g  
2072228000 EA

**3<sup>99</sup>**



**NUTS TO YOU ALMOND BUTTER**  
selected varieties  
365 g  
20922643001 EA

**9<sup>99</sup>**



**4<sup>49</sup>**

**KIND HEALTHY GRAINS or BREAKFAST BARS**  
selected varieties  
200 g  
20994432 EA/21318232 EA



**7<sup>99</sup>**

**BRAGG ORGANIC APPLE CIDER VINEGAR**  
946 mL  
20943004 EA



**23<sup>99</sup>**

**RXBAR, CLIF NUT BUTTER or CLIF BUILDERS BARS**  
selected varieties  
400-815 g  
20300133002 C12/21189650 C12



# GLOBAL FOODS AT LOW PRICES



**1.99**  
LB

**GINGER ROOT** product of China,  
**JAPANESE SWEET YAMS** product of U.S.A. or  
**LONG EGGPLANT** product of Honduras or Mexico  
4.39/kg  
3017902001 KG/20534923001 KG/30159013001 KG



**3.99**  
LB

**OKRA** product of U.S.A. or  
**YELLOW YAMS**  
product of Costa Rica  
8.80/kg  
30091363001 KG/30070018001 KG



**1.49**  
LB

**OPO SQUASH**  
product of Mexico  
3.28/kg  
30143035001 KG



**5.99**  
LB

**HALAL LEAN GROUND BEEF**  
fresh  
13.21/kg  
30034901 KG



**2.99**

**CRISPY ROTI**  
selected varieties  
750 g  
31195607 EA



**8.99**

**PMC TILAPIA**  
1.36 kg or **WHOLE**  
**GOLDEN**  
**POMPANO** 700 g  
frozen  
31432301 EA



**\$24**

**SURAJ® HALAL CHICKEN WINGS**  
fresh  
31430606 EA



**\$3**

**ROOSTER® SWEET CONDENSED MILK**  
300 mL  
30124907 EA



**3.29**

**LA COSTEÑA SAUCE**  
selected varieties  
455 mL  
3021845001 EA



**6.99**

**NANAK RASMALAI**  
selected varieties, frozen  
850 g  
31284618 EA



**.99**

**KNORR BOUILLON**  
selected varieties  
80 g  
30379043001 EA



**4.99**

**HALDIRAM'S PANI PURI**  
275 g  
30012949 EA



**4.99**

**DANISA BUTTER COOKIES**  
454 g  
31340259 EA



**1.44**

**HALDIRAM'S INDIAN SNACKS**  
selected varieties  
150/160 g  
30309425 EA/30309977 EA



**1.49**

**SHANA VEGETABLES**  
selected varieties,  
frozen  
300 g  
30732993 EA



**\$4**

**SURAJ OKRA**  
selected varieties,  
frozen  
1 kg  
30379701 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW



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forward  
to FREE  
groceries.**

Get  
**\$100**  
in welcome  
points\*



**APPLY NOW**

\*Offer available until May 13, 2024;  
conditions apply.

insurance

**PC Optimum™ members  
can save up to 35%  
on car insurance.†**

**GET A QUOTE**



†Conditions apply. Subject to change. For full details see [www.pcinsurance.ca](http://www.pcinsurance.ca).

# THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't fresh, we'll replace AND refund it.



We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



Deals from the past on select items.

The **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).